



Road Running Newsletter – May 2017

Friday 5 Series – Supported by East of England Co-Op



IMPORTANT NOTICE FROM IPSWICH JAFFA RUNNING CLUB - Wednesday 10 May 2017

It is with regret that we must announce the cancellation of our Friday 5 fixture scheduled to take place on Friday 26th May 2017. We have not been able to satisfactorily meet the health and safety requirements to stage the event on the planned date. We have not taken this decision lightly but the safety of those participating is our primary concern. Full refunds will be provided to those who have entered. The series rules will now revert to those applied in previous years in that you will need to complete 4 of the 5 events to qualify for the series memento.

Please accept our sincere apologies.

Alison Beech (Chair), Hannah Wood (Vice-Chair)

Ipswich Jaffa Running Club

Just a reminder that everyone who completes a minimum of 4 races will receive a free technical T-Shirt this year. Some races are predicted to sell out, so if you are planning to race at least 4 of them, don't delay entering.

This year's events

- Felixstowe RR - 2nd June
- Stowmarket Striders - 9th June
- Framlingham Flyers - 16th June
- Bury Pacers - 23rd June
- Great Bentley RC - 7th July

For more information visit the series website <https://friday5series.com/>

The series also has a Facebook group <https://www.facebook.com/groups/1205939276149712/>

County Championships

The County Half Marathon Championships were incorporated into the Stowmarket Half Marathon held Sunday 19th March. Out of 402 runners taking part overall, an impressive 322 were eligible for the County Championship. This resulted in good numbers of runners in each of the age categories.

Results can be found on the county website

http://www.suffolkathletics.org.uk/Temp%20work/road.htm#2017_Champ_Series

Next Championship races

- Framlingham Friday 5 – Friday 16th June
- Twilight 10K – Friday 18th August
- Felixstowe Coastal 10M – Sunday 10th Sept (New date!)

SCAA have updated the rules applying to their County Championships. The most significant change relates to the awards for masters.

9. Individual awards will be presented to first three finishers in each race i.e. First, Second and Third overall. If a Master in any category were to finish in any of the first three positions they be awarded their age category award as well as the overall position award.

The rules can be read in full on the SCAA website

<http://www.suffolkathletics.org.uk/Temp%20work/road.htm#Championships>

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- Races 1&2 were the Tarpley 10M & 20M held on Sunday 26th Feb. There were 383 runners in the Tarpley 10, of which 176 were eligible for the GP (87 female and 89 male). In the Tarpley 20 there were 316 runners of which 131 were eligible for the GP (54 female and 77 male).
- Race 3 was the Sudbury 5M Fun Run held on Friday 14th April. A total of 450 runners took part, of which 129 were eligible for the GP (57 female and 72 male)

Full results can be found on the county website

http://www.suffolkathletics.org.uk/Temp%20work/road.htm#2017_GP_Series

Dates of the remaining races are:

- Bury Friday 5M - Friday 23rd June
- Great East Run – Sunday 24th Sept
- Martlesham 10K – Sunday 8th Oct
- Stowmarket Scenic 7M – Sunday 12th Nov
- Turkey Trot 10M – Sunday 10th Dec

Essex 20 Inter County Invitational Match results

THE 2017 ESSEX 20 INTER COUNTY INVITATIONAL MATCH

MEN								
County		1st Scorer		2nd Scorer		3rd Scorer		Total Team Time
Essex	1st	01:49:09	James Connor	01:50:45	Blair McWhirter	01:50:53	Paul Molyneux	05:30:47
Kent	2nd	01:51:34	Dean Lacy	01:55:00	Steve Fennell	01:59:25	Greg Cole	05:45:59
Sussex	3rd	01:53:19	James Turner	01:56:33	Darryl Hards	01:58:07	Neil Smith	05:47:59
Cambridgeshire	4th	01:57:23	Michael Channing	02:01:05	Ty Farrer	02:02:30	Paul Halford	06:00:58
Norfolk	5th	02:03:18	Paul Blazey	02:05:19	Jack Gillick	02:16:15	Steve Ely	06:24:52
Suffolk	6th	02:05:35	Jim Last	02:11:49	Adam Wade	02:11:54	Jason Taylor	06:29:18
Hertfordshire	7th	02:08:22	Grant Ramsey	02:10:02	Paul Scofield	02:19:35	Adam Chapman	06:37:59
Bedfordshire	8th	01:56:39	Steve Horton	02:05:24	Danny Winn			04:02:03
WOMEN								
County		1st Scorer		2nd Scorer		3rd Scorer		Total Team Time
Kent	1st	02:09:48	Hazell Behagg	02:17:16	Sarah Gruber	02:25:45	Geraldine Schaer	06:52:49
Essex	2nd	02:10:28	Emma Prideux	02:20:58	Lindsey Colman	02:22:16	Sam Bilbie	06:53:42
Sussex	3rd	02:15:19	Helen Buller	02:21:14	Alissa Ellis	02:22:10	Tara Shanahan	06:58:43
Suffolk	4th	02:16:17	Odette Robson	02:32:37	Victoria Moseley	02:58:06	Emma Gammons	07:47:00
Cambridgeshire	5th	02:41:55	Sophie Wilkinson	02:44:00	Sarah Caskey			05:25:55
Bedfordshire	6th	02:17:05	Nicola Bowerman					02:17:05
Hertfordshire	7th							00:00:00
Norfolk	8th							00:00:00

On behalf of SCAA I'd like to express thanks to the runners who represented us so well, in what were pretty challenging conditions.

Trevor Bunch
SCAA Road Running Secretary